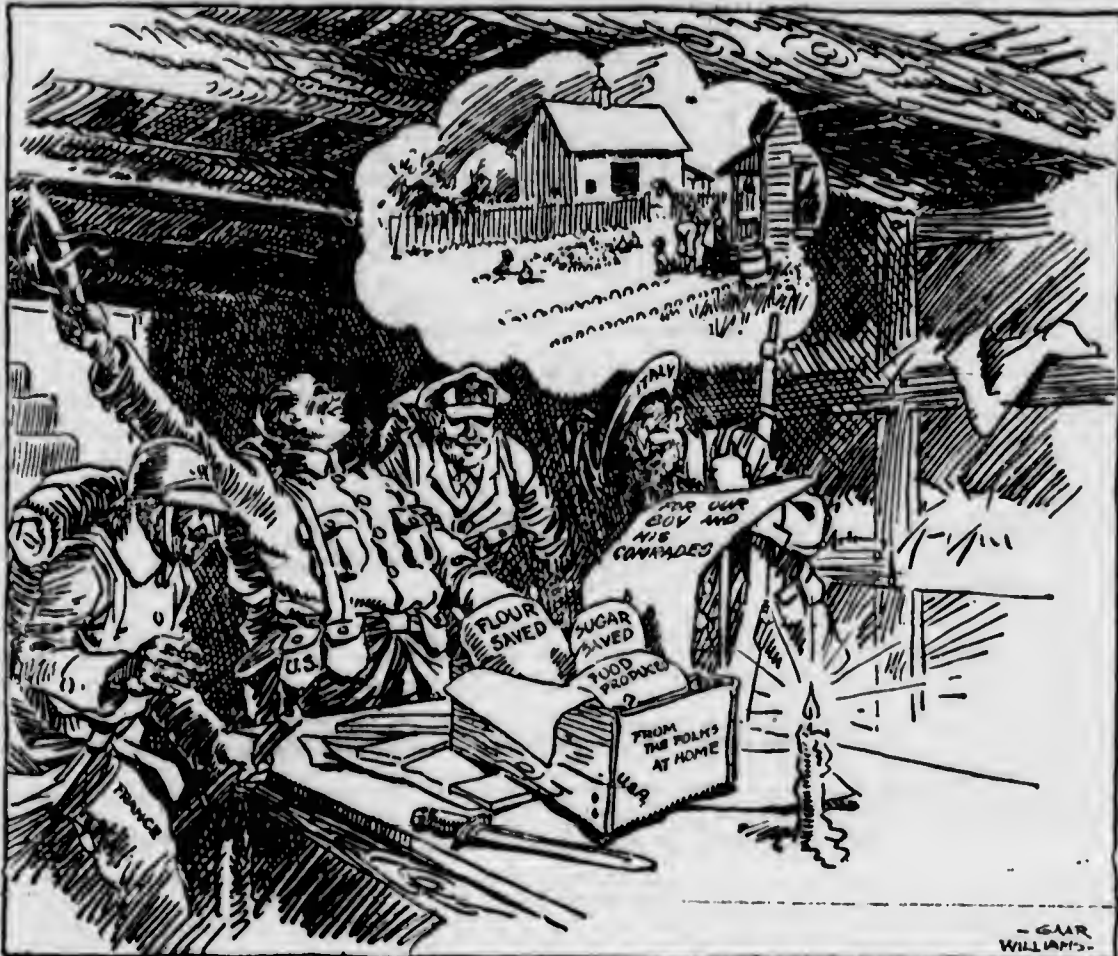




A BOX FROM HOME



Food savings of millions of Americans during our first year of war enabled this government to send enormous food shipments abroad for our fighting forces and the Allied nations. Our savings in cereals—out of a short crop—amounted to 154,900,000 bushels; all of which was shipped to Europe. We increased our meat and fat shipments 844,600,000 pounds. This was America's "box from home" to our army abroad and the civilians and military forces of the Allied nations.

Drawn by Gear Williams, Division of Pictorial Publicity.

THE SUPREME SACRIFICE

Ves G. Brown, a son of Dan Brown, was a young farmer, thirty years of age, and lived in the Quail section. He answered the call for Over Sea Service under the Selective Draft, and last week answered the last call, and made the Supreme Sacrifice on the western front, giving his all to protect our Country, our Home, and our Flag. This is as much a loss of one of our citizens as if a Hun tramp had taken possession of a part of the field in which Mr. Brown was working and when he tried to drive him away, the Hun had shot and killed him. Had this happened in our country, we would all have been up in arms to avenge the blood of our neighbor and friend. Distance should make no difference, except to intensify our feelings of resentment.

The effect of the War has come to us more forcibly because of the loss of one of our Rockcastle County boys, so let us be up and doing; let us take the solemn oath to do our part; let us sow wheat to the limit; let us economize and help war needs with our money; let all who can volunteer for essential war work and all stand by the Government, seeing that every registered man takes his place. No slackers; no evading draft, but trust in God and our Government; do our duty and be men.

Raise More • Spend Less

Buy Better
AND
Save To Win

Lard 25c per Pound
THIS WEEK

W.F. BAKER

THE BLUE FRONT

RIGHT OPPOSITE THE COURT HOUSE

War Time Sweeteners

AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply.

They are maple sugar, syrups, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening.

When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth. One-third of a cupful of sugar is equivalent to one-third of a cup of honey, about one-half cup of syrup and about one-half cup of corn sugar. One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar. One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals.

Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.



SHARE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month.
French Pound and Half,
Italians One Pound.

GERMAN SUPPLY PLENTIFUL

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation—in the matter of sugar consumption—is sharing on nearly equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly considered a luxury, sugar is now a war time essential. The fair and just division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little saccharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 825,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres. Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy has "State Sugar." Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

German Sugar Ration Admits. Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 26 cents.

While these high prices are being paid abroad the American wholesale price is being held at 7 1/2 cents.

Fourth Liberty Loan

The campaign for the Fourth Liberty Loan will begin Sept. 28 and close October 19. The result of the loan will be watched with keen interest in Europe, not only by our associates in the war against the Teutonic powers but by our enemies. It will be regarded by them as a measure of the American people's support of the war.

The Germans know full well the tremendous weight and significance of popular support of the war, of the people at home backing up the Army in the field. As the loan succeeds our enemies will sorrow; as it fails short they will rejoice. Every dollar subscribed will help and encourage the American soldiers and hurt and depress the enemies of America.

The loan will be a test of the loyalty and willingness of the people of the United States to make sacrifices compared with the willingness of our soldiers to do their part. There must be and will be no failure by the people to measure up to the courage and devotion of our men in Europe. Many of them have given up their lives shall we at home withhold our money? Shall we spare our dollars while they spare not their very lives?

The Fourth Liberty Loan campaign, no American doubts its success; no good American will fail to contribute to its success. The blood of our men fallen in Europe calls to us; our answer must be and will be worthy of them and our country.

MORE THAN 70,000 GERMANS CAPTIVE

Since the being of the Allied counter offensive on July 18, the Allies have taken more than 70,000 prisoners and more than 1,000 guns, the Echo de Paris states today. In addition, it estimates more than 10,000 machine guns have been captured by the enemy.

GERMANY IS COMPELLED TO SEEK AID FROM AUSTRIANS

Germany has been compelled to call upon Austria-Hungary for help on the western front and Austro-Hungarian troops are arriving there. These troops are being sent to quiet sectors of the front.

An Austrian division which Emperor Charles sent hurriedly westward to help out his hard-pressed German ally has not yet appeared in the line. It is at present, in fact, encamped in Belgium and is reported as showing no anxiety to get into the raging furnace to the southwest.

WITHERS

Ben Mullins was in McKee last week. —Leo Ingram and wife and little daughter Hazel, of Bond are visiting relatives at this place. —Mrs. Tom Allen and children, of Berea, visited her parents, Mr. and Mrs. Thos. Daugherty last week. —Borned, to the wife of Ben Mullins, August 4 a girl. —J. H. Mullins and J. H. Roberts was in Livingston Monday. —Mrs. Estill Mullins returned from a visit with relatives at Harrison Tuesday. She was accompanied home by her sister, Miss Elsie Bullock. —Estill and Forrester

Mullins was in Mt. Vernon from Friday until Sunday. —Rev. Park-or filled his regular appointment at Cave Ridge Saturday and Sunday. —Miss Ada Mullins who is teaching over in Jackson was with her parents Saturday and Sunday. —Misses Minnie and Ola Durlum, of Cruise, were with their grandparents, Mrs. and Mrs. Thos. Daugherty Saturday and Sunday. —Misses Rebecca and Fannie Allen accompanied by Mrs. Henry Black visited their sister, Mrs. Jack Howard of Cooksburg Sunday. —Miss Sarah B. Roberts was the guest of her friend, Miss Mary Mul-Bullock. —Estill and Forrester

SHEEP—WOOL

A WAR CALL.

Our County, Rockcastle County need more sheep. The United States has a million fewer sheep than when the war opened. The world is short 54,000,000 sheep. The need of wool is constantly increasing. Our army needs more wool every day. It requires the wool from 20 sheep to clothe one soldier. Sheep will give you two crops each year—Wool and Lambs.

The most effective Dog Law in the United States now protects you against the sheep-killing dog. Live sheep are worth more than ever before. The price of wool is good and fixed.

It is our patriotic duty to raise sheep and help clothe one soldier, if you can't clothe one entirely. Investment in sheep is a sound business. Sheep are an asset to your community. They restore soil fertility, they are profitable and supply necessities to our people.

REMEMBER.

That when you fail to respond when called upon, you cannot call yourself a Patriotic American.

A SUGGESTION.

If you have ewes and ewe lambs and must sell—besure and find some one in the County who wants sheep—there are a number of farmers in our county who want sheep. Our Live Stock

Committee of which Mr. H. T. Young is Secretary—write him, for if you have ewes to sell also if you want to buy, this committee will look after your needs. Our bank will soon have a Farmers' Exchange Board for sale of the bank if you have sheep to sell or to buy, and let's transfer in this County.

ROCKCASTLE COUNTY SHEEP GROWERS ASSOCIATION.

Tuesday Aug. 6th, the Rockcastle Co. Sheep Growers Association was organized. The first Saturday in September the Association meets to perfect the organization and to record its membership. All the sheep raisers and those who are interested in raising sheep are asked to be at the first Annual Meeting. We want the membership to reach 100 at the first meeting. Every farmer in the County is urged to be present on the first Saturday, in the afternoon of September meeting held in Court House. The Articles of Association are to be adopted—Come and be a part of first Sheep Growers Association in the County.

Robert F. Spence,
County Agent.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the
Signature of *Chas. H. Hutchins*

THERE'S A THRIFT MESSAGE For our customers in each article here Advertised

Lawns worth 15c a yard now 10c a yard.
Voiles worth 30c a yard now 25c a yard.
Fonlards worth 30c a yard now 25c a yard.
25 inch Perals worth 25c a yard now 15c
36 inch Perals worth 30c a yard now 20c
Gingham worth 25c a yard now 20c
Gingham worth 30c a yard now 25c
Nainsook 25c and 30c a yard.
36 inch Blue Silk Taffeta \$1.50 a yard.
Plaid and striped silk Taffetas \$1.60 to \$2. a yard.
Good quality 36 inch Black Taffeta \$1.35 a yard.
Best quality 36 inch Black Taffeta \$1.75 a yard.
36 inch Silk Pajin, all colors \$1.00 a yard.
Summer Kool Silks in beautiful plaid \$1.00 a yard.

It's hardly necessary to emphasize the fact that these prices take on double significance this year. Make it your economic duty to take advantage of them.

JOHN ROBINS BRODHEAD

Save Food

120 million
Allies
must eat

United States Food Administration

Mt. Vernon Signal

FRIDAY, AUG. 15, 1919

Published every Friday by
EDGAR S. ALBRIGHT.

SUBSCRIPTION ONE YEAR \$1.00

Advertising rates made known on
application

MEMBER OF
KENTUCKY PRESS ASSOCIATION



BRODHEAD

Mr. and Mrs. J. Thos. Cherry, and Mrs. Frazier Hunt and little son, Master Frazier Hunt, Jr., of Crab Orchard, and Mrs. H. E. Thomas, of Horse Cave, Ky., were in town a few hours Friday. Mrs. Thomas used to be Miss Helen Thurmond and taught in the school here - Born to the wife of John Sigmon, a republican Thursday of last week, and the youngest will answer to the name of John Lewis. - Mrs. L. M. Brown, who has a good position with the L. & N. at Louisville, was with her parents, Mr. and Mrs. J. G. Frith, here Sunday. - Mrs. O. R. Cass is visiting her sister, Mrs. Brack Durlam, at Jackson this week. On Sunday morning Mr. Cass received a message that their little son, Lester Ryland, was very sick and left immediately in an automobile for Lexington where he got a train to Jackson. The boy is better and they will return home in a few days. - Mrs. O. A. Frith was in Mt. Vernon, Sunday, the guest of relatives. - Edd Smith took Arthur, Willie and Justin Coffey, and Alfred Pean in his "Lizzie" to Lexington to see Forest Coffey. - Levi Estridge, who recently sold his farm on Copper Creek, returned a few days ago from Indiana where he purchased a fifty-three acre farm for seven thousand dollars. Mr. Estridge will move his family there about the first of December. - Born to the home of Mr. and Mrs. Walter Robins, Thursday, of last week, a baby boy, christened Walter, Jr. - Mr. and Mrs. C. A. Wheelodon, of Lancaster, were with her sister, Mrs. Dick Martin, here last week. - Mrs. W. P. Rigby, of Preachersville, was here Friday the guest of Mr. and Mrs. Walter Robins. - Mrs. Joe McKenzie is with her sister, Mrs. Walter Robins, this week. - It is now Sergeant Jas. B. Pike, known to the boys here as Gov. Pike, and he is stationed at Fort Benjamin Harrison. - Mr. J. T. Lawrence has been quite sick, but is better at present. - C. A. Wheelodon sold a motorcycle with a two-seated trailer attached, to Ben Craig, of the Quail section, and they met here last Sunday to deliver the machine and the car, and young Craig while trying out the machine let it get away from him, or in other words it became unmanageable, and went off over the cliff near the residence of Mrs. R. S. Martin into the river. Luckily Mr. Craig was not seriously hurt, only sustaining a few cuts and bruises, but the machine was completely wrecked, and right on the spot he agreed to disagree with it and sold it back to Mr. Wheelodon, who sent it to the factory for repair. - Mrs. P. A. Shelton is spending the week with her sister in Boston. - Miss Joe Davis, of Mt. Vernon, and Miss Thelma Pilkenton, of Corbin, are the guests of Miss Bettie Shelton this week. - A little son of Mrs. Dr. Smith, who is with her mother, Mrs. John Riddle, is very sick. - Mrs. R. L. Smith, of the Hiatt section, who is confined to her bed with typhoid is reported better. - Prof. J. O. Cannon, who recently entered into contract with the board of trustees as principal of Brodhead Graded and High School arrived one day last week in a motor truck from Carlisle. Their household goods were unloaded and with his lady they managed to stay over night, but early next morning loaded their belongings into the truck and left the district. The only excuse the Professor offered was that his lady wouldn't live in a town like Brodhead. We admit that there may be better towns but we doubt that there is a man, and especially a school professor, in the state that is worse "then pecked" than is the Cannon unloaded here, and if the gentleman cannot govern his house better than he demonstated here we suggest that it would be wise to change his name to a pop gun. The board contracted with Prof. Strange, of Glens Fork, Ky., and school will begin next Monday week, just the same as if the Cannon hadn't exploded here at all. We hope, however, that Mr. Strange won't act as strange as the cannon did. - Harrison Ray, of Lancaster, is here this week the guest of his aunt, Mrs. Larkin Hicks.



E. R. GENTRY

July 7, 1918.

Dear wife:-
I had a great time in Paris July 3rd and 4th and meant to write you yesterday but was pretty busy. I mailed you a letter from Paris July 4th which you have already possibly received but did not tell you anything of the great celebration in honor of our Independence Day. You will no doubt read about it in the papers, but will enjoy my telling you about it more. Of course it was the luckiest thing in the world for me that I could be in Paris at that time. I went on the 2nd and all day of the 3rd people were decorating everywhere. There must have been millions of Americans and French flags and no where one without the other, and by night the great city was bedecked in all the beauty that flowers and the Grand Old Stars and Stripes could produce. Late in the afternoon I was on one of the main streets and heard a band coming. It was leading a regiment of French Infantry, just back from the fighting line for the purpose of marching in the parade the next day. They were a great sight, with their steel helmets, fully equipped and their rifles and bayonets glistening in the sun. They were just from the heat of battle, many of them with uniforms worn and dirty, faces besmudged and unshaven, but you forgot all that as they swung down the street with a smile and a song, and with a wild flower of some kind from a rose on down, stuck in the barrel of his rifle. You only remembered that they were heroes, every one. That night I attended the meeting at the Soldiers and Sailors Club, which was addressed by Marshall Joffre, the Hero of the Great Battle of the Marne, besides several other interesting features including the singing of the National Anthems of Great Britain, the United States and France, by singers representing the three nations. There were several pictures of this meeting taken and if you chance to see one of them you can possibly find me in it. The morning of the fourth dawned cloudy and with every appearance of rain. I was on the streets before eight o'clock and they were already crowded. The French Government having declared a holiday, all stores were closed and the people were on the streets enjoying the day as only the French can enjoy a fete day. Everybody happy, with nothing to do but cheer themselves and everybody else with American flags and flowers and be happy. The greatest event of the day of course was the renaming of the one of the principle streets, Rue du President Wilson and Mr. Howard E. Taylor of Berea College had managed to get us two invitations for seats to witness the dedication, which was held in the Place de la Marse around the great statue of Washington on his horse. There were symphonies arranged in half circles on either side of the monument with just room for the troops to march between and we were located just to the right and a little in front of the statue. The speakers stand and seats for all the officials were just across from us so we got a good view of everything that was done as well as the parade. As far as we could see as we went to the celebration along the line which had been announced for the parade. I have never seen so many people, and everybody happy. You could hardly believe that these people have been engaged for four years in a death struggle for their national existence, but they seem to see in this glorious flag of ours a sure sign of victory

4th of July in France

ED GENTRY

Writes About Great American Demonstration in Paris

and no honor seemed to be to great to bestow upon it. I saw a French woman run up to an American Red Cross nurse who was carrying a flag and kiss it in the most impassioned way saying: "I love it! I love it! American soldiers were showered with flowers. Allied soldiers were everywhere. "Tommy" laughed at "Sammy"; "Sammy" grinned at "Tommy" and the "Politi" beamed on both, while the French ladies bestowed flowers and smiles on all petite French Mademoiselle, even pinned a rose in the button hole of your husband and I meant to send it to you, but I lost it. We reached the place in time to see all the French officials arrive in their carriages, the one bringing the President being drawn by a span of nice blacks one of them looking so much like "Rex" that I almost thought it was he. On the platform, besides President Poincare, were M. Clemenceau, the French Prime Minister, David Lloyd George, the British Prime Minister, Sir Robert Borden, Premier of Canada, Marshall Joffre, the Ambassador from all the Allied countries, including our own Ambassador, and nearly all the Prime Ministers. Also the President of the French Senate and Chamber of Deputies and other high French officials. It was said to be the greatest congregation of world known statesmen gathered in one body since the war began. It was a wonderful meeting to be held at this time with the Germans in less than forty miles. The great statue of Washington, standing in a kind of Square was showered with flowers, after some little girls in white had devoutly placed a large wreath, at the foot of the monument. When they were through, the monument looked like a heap of roses, carnations and every kind of flowers to be seen. The speeches of dedication and response were cheered at almost every word. People Great French aeroplanes patrolled the Heavens overhead to see that no Boche raider had a chance to disturb. As the ceremony closed and the three thousand American soldiers fresh from the fighting line, including two companies of the Marines who drove back the Germans at Chateau Thierry, headed by their military band and escorted by a detachment of French cavalry made their appearance before the assembled statesmen, the great grandstands on either side of the line of march shook with cries of "Vive L'Amerique". Each regiment colors were greeted with storms of "Bravos". When a Frenchman ask me what the blue banner represented and I told him they were the Marines from Chateau Thierry, he almost went into hysterics. From the stands, windows and even tops of houses, roses, daisies, lilies and carnations were showered in profusion upon the smart, clean shaven, and yet war tired fighting men in khaki. Then followed a regiment of French soldiers and last a company of Red Cross nurses, both receiving great ovations from the crowd. All during the parade, a daring French aviator was charging the very air with daring feats over head. Looping the loop, backward and forward; making spiral descents and swooping down over the crowd until it seemed you could almost touch him with your hand, the great wings of his machine glistening in the sun, which then burst from behind clouds. The crowd then followed the parade to other celebration which you no doubt read about and will take too long to tell, as they read most all alike. I did not go to the big field meet in the after-

noon, as I can see running and horse ball games at home, but instead went out to St. Denis, the burying place of the French Kings and sometime will tell you about it, the great cathedral and the tombs of Kings. Mr. Taylor and I were together and had a invitation to the reception which was given at the American Embassy that afternoon at five o'clock, but got so interested in the place and an old school out there which was founded in 1867 by Napoleon that we missed the reception. I did not mind that because the School was the most interesting thing of the kind I have ever seen. It is maintained by the State for the education of daughters of French soldiers who have been decorated with the Cross of the Legion of Honor and no other can be admitted. During the term just closed they had more than five hundred girls. I wish you could see the kitchen and the great ovens. All cooking utensils are all of solid copper and there is a big part and playground which covers several hundred acres and surrounded by a high stone wall. They

tought everything including music and art. The large music room is filled with pianos, as every girl has her own and the teacher told us that they all practiced at once. I do not see how they can do it, because I counted seventy five pianos in that room. It was very interesting to Mr. Taylor being a College man, and I thought I was never going to get him away. Altogether it was a Red Letter day in my life and one I am sure I can never forget. I would send you some clippings from the papers but am sure there will much more about it in your papers than here, because paper space is scarce here, our large dailies being no larger than the Mt. Vernon Signal. There were lots of pictures taken of the different celebrations. If you see any in the papers and magazines, please save them for me. I want them for souvenirs. I must go to Mess. Please send this letter to Edgar. I think he will be interested and I am too lazy to write another this hot Sunday afternoon. I will write you again tomorrow. Your husband, E. R. GENTRY.

FOUR MILLION MEN

In U.S. Victory Army To Fight In 1919

WASHINGTON, Aug. 15.—An army of four million men in France, working in conjunction with our allies and under one commander-in-chief, will enable us "to go through the German line wherever we please," General Payton C. March, Chief of Staff, asserts.

RED CROSS

Eighteen demountable houses were erected in a single week by the American Red Cross at Malabry where a model village for families with tuberculosis members is being established. Foundations for forty more such houses have been completed. These houses are built that the patient can receive outdoor treatment and live under the same roof as his family without endangering the well members.

Forty delicate French children, predisposed to tuberculosis have been completely restored to health by treatment in the Edward L. Trudeau sanatorium supported by the American Red Cross. These children are now being returned to their families. Eighteen sufferers from bone tuberculosis shortly will be sent to the seaside for open air treatment to the shores of the Bay of Biscay.

The former residence of the German Consul at Laon, France, has been secured by the American Red Cross and will be turned into a hospital for children with contagious diseases.

Officers and enlisted men from an American Aviation Instruction Center in France has sent a check for 5,000 frs. to the Red Cross as a mark of appreciation. At this center the Red Cross maintains bath, laundry, caulk, disinfecting plant, tailor and mending shop, barber shop and technical aviation library. It also contributed a printing press used by the aviators in issuing their camp newspaper.

CURE FOR DYSENTERY.

"While I was in Ashland, Kansas, a gentleman overheard me speaking of Chamberlain's Colic and Diarrhoea Remedy," writes William Whitelaw, of Des Moines Iowa. "He told me in detail of what it had done for his family, but more especially for his daughter who was lying at the point of death with a violent attack of dysentery, and had been given up by the family physician. Some of his neighbors advised him to give Chamberlain's Colic and Diarrhoea Remedy, which he did, and fully believes that by doing so saved the life of his child. He stated that he had also used this remedy himself with equal gratifying results."

Subscribe for the SIGNAL, send it to your soldier boy, he likes the home news.

Life Was a Misery

Mrs. F. M. Jones, of Palmer, Okla., writes:
"From the time I entered into womanhood... I looked with dread from one month to the next. I suffered with my back and bearing-down pain, until life to me was a misery. I would think I could not endure the pain any longer, and I gradually got worse. Nothing seemed to help me until, one day, I decided to

TAKE CARDUI

The Woman's Tonic

"I took four bottles," Mrs. Jones goes on to say, "and was not only greatly relieved, but can truthfully say that I have not a pain."

"It has now been two years since I took Cardui, and I am still in good health. I would advise any woman or girl to use Cardui who is a sufferer from any female trouble."

If you suffer pain caused from womanly trouble, or if you feel the need of a good strengthening tonic to build up your run-down system, take the advice of Mrs. Jones. Try Cardui. It helped her. We believe it will help you.

All Druggists

Every town board of the incorporated towns is appealed to, to have the people clean up, and all the citizens in the county are earnestly asked to clean up their premises, and keep them clean, and special care should be taken as to drinking water now, as all sources of supply are low now.

The following Kentucky counties voted the 20 cent road tax at the recent primary election: Pike, Martin, McCreary, Owsley, Wolfe, Fulton, Livingston, Nelson, Shelby, Henry, Carlisle, Owen, Franklin and Grant.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Purgative, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

COUNCIL OF NATIONAL DEFENSE

The changing of ratings as to classifications of drafted men causes some confusion, especially since married men have been for service, and much pressure has been brought to bear on the Local and District Board to change classifications, and have men at home for reasons ranging from corn crops to dependent invalid wives, and prospective dependent children. Many of these claims are sufficient to rectify the one appealing, but most of them have let the five days allowed for an appeal to elapse, and they are barred from the benefits of such claims. This is no fault of the Local Board.

There are two factions in the county that are making some trouble that will be far reaching if continued. One side wish certain individuals kept out of army service at any cost, and go to extremes. The other side wishes all in draft age to go into service, regardless of the circumstances. Between the two many strange stories start about classifications. Somebody is mistaken. There are either some bad rulings of boards, or radical misunderstanding of rulings among the people. We are hoping this can be legally cleared at once, and if any injustice is being done this board, it will be vindicated.

TO IMPROVE YOUR DIGESTION.

"For years my digestion was so bad that I could only eat the lightest food. I tried everything that I heard of to get relief, but not until about a year ago when I saw Chamberlain's Tablets advertised and got a bottle of them did I find the right treatment. Since taking them my digestion is fine." Mrs. Blanche Cowers, Indiana, Pa.

We would call particular attention to the remarkable patriotism of the Rockcastle people. They are, from all reports, eagerly conforming to all regulations of the various War departments; anything, in fact, that is intended to assist our boys who are fighting for us, that we may have that peace at home within the borders of America, free from such tyranny as the German government had in her gigantic plot of imagination.

Food Administration

The wheat flour situation has been relieved to the extent that wheatless diets and meats may be dispensed with, for the present. There has been no change in the amounts that we can buy and the substitutes that can be used.

The Food Administration recommends that farmers who have wheat which has sown in it communicate with Ballard & Ballard, Louisville. They are prepared to clean this wheat, and this Government has ruled that wheat, even the bad, must not be fed this year.

If you have had a certificate to buy twenty-five pounds of sugar, please do not ask for a second one. I cannot issue it. I can issue a certificate for ten pounds at present, but can let my family have a total of twenty-five pounds. Much fruit can be put up without sugar. Corn syrup, sugar, honey, or anything else that will sweeten can be used to put up fruit. No loyal American, with any resource and energy, is going to let fruit waste now, sugar or no sugar. If you get without sugar, please withhold adverse criticism, as the Food Administrators, County, State and National, are working long and hard hours, all of working without salary, that each family shall have its proportionate part.

H. T. YOUNG,
Rockcastle County Food Administrator.

NOTICE:—There has been a shortage of Certificates on which to paste War Savings Stamps but now this shortage has been somewhat relieved and all persons in Rockcastle County who have bought War Savings Stamps and have no Certificate on which to paste them are requested to call at their Post Office or Bank and get their stamps on a Certificate.

Anyone having one or more War Savings Stamps on a Certificate can register them at the Post office in Mt. Vernon (this being the only office in County at which they can be registered) the same as if Certificate was full.

W. H. Fish, County Chairman War Savings Committee.

FOR SALE—1,000 cords, cord, wood, in the woods, part 2, some 3, 4 and 5 miles from station Call on Mrs. Mary A. Pitman, or M. Pitman.

FARM:—If you are interested in buying one of the best farms in Rockcastle County, located right on Boone Way, close to school, church, and post office, call this office.

GRANVILLE OWENS

Undertaker BRODHEAD

KENTUCKY

COMPLETE LINE OF Coffins, Caskets & Robed Mail, Telegraph or Telephone Orders Promptly Filled

Mt. Vernon Signal

MT. VERNON KY, Aug. 16 1918

79 UP "No. 79" WHEN
want to COMMUN-
cations with SIGNAL 79



TIME TABLE

22 north..... 6:57 p m
24 north..... 8:47 a m
28 south..... 11:55 a m
21 south..... 12:18 a m

JAS. LANDRUM, Agent.
Phone No. 8.

Entered at the Mt. Vernon, Ky. Postoffice
as second-class mail matter.

PERSONAL

Logan Bryant has landed in France.

Miss Jo Davis is with friends in Brodhead.

Fred Murrel is very sick with throat trouble.

Miss Ethel Azbill is back after several weeks vacation.

Mr. and Mrs. William Wallen, near town, have typhoid.

Howard Baker has moved his family to Harlan county.

Miss Emma Taylor is teaching at Maywood, Lincoln County.

Dan Roach the Insurance man is working the county this week.

Chint Lair, of the Hiatt section is home from Detroit for a few days.

Tom Rowe, of the Hansford section has returned from Lockland, Ohio.

Judge S. D. Lewis was in Lexington during the week on legal business.

Harlan Doan is building a new residence on his place on the Hiatt road.

Miss Flora Pennington has returned from a few days stay in Boston.

Eloyd and Omer Chesnut are doing Government work in Davison, Iowa.

W. O. Diley has been appointed Superintendent of Terminals in Louisville.

W. D. Brock, of London arrived yesterday on professional business.

Neal Purrett is in Russellville installing the new plant for the W. J. Sparks Co.

Edd Redd is doing cleaning and pressing in the Griffin building near Spout Spring.

J. E. Woodall, the clever London travelling man, was with our merchants this week.

Wm. Poynter and family and G. S. Hiatt and family motored to High Bridge Sunday.

Miss Georgia McFerron is visiting her sister, Mrs. J. B. Coleman in Louisville this week.

Born to the wife of Arthur Daily, a ten-pound girl, on the 24th. Mother and babe doing well.

Mrs. Hobart Griffin and young son, George Samuel, of Livingston, are with relatives here this week.

Miss Elizabeth Williams, of Farms School, near Ashville, N.C. is spending a few days with Miss Turner.

Miss Mary Juanita Adams, of Macon, Missouri has been a recent visitor of Mrs. Richard Mullins.

Mrs. Richard Mullins will leave Friday for Hattiesburg, Miss., to spend a month with her husband.

Mr. and Mrs. Hiatt, Misses Carry Lair and Ella Ramsey, and Fred Murrel motored to High Bridge, Sunday.

Dr. James Sams, of Louisville, was here Sunday to see his sister, Mrs. W. H. Carnahan, who continues very sick.

Jim McNew, of Richmond, Ind. formerly of this county, is with the American Expeditionary Forces in France.

The Editor has been very sick all week and the paper was in charge of the office force and some of our good friends.

Dr. W. E. McWilliams, of Brodhead, has been called to active duty and left Tuesday for Camp Green Leaf Ga.

Emmett Norton, of Camp Forrest, Gar, and Casper Owens, of Camp Taylor, were home this week, both looking fine.

Miss Zella Brown was home from Berea last week. She has been working for the College during the summer months.

Mrs. James Ricketts and two children are visiting relatives in Stanford. She will visit Prescherville before her return.

Mr. and Mrs. G. M. Ballard, Misses Onie Silvers, and T. J. Ball motored to High Bridge, Sunday, and spent the day.

Robert Bryan McKenzie is at home for a few days from Jeffersonville where he has a position in the U. S. Quartermasters Depot.

Victor Beck, who was in the drug business here fifteen years ago, but now Post Office Inspector was here on business last week.

Mrs. Victor Todd, of Quail, and Mrs. Ora Todd of Level Green were the guests of Mr. and Mrs. A. E. Proctor first of week.

J. Will Dooley, son of Isaac Dooley of the Conway section, left this week for Atlanta, Ga., to attend an Officers' Training School.

Arch Chastee has received a card from his son David, stating he arrived safely overseas. David was with the boys who went to Camp Taylor May 25th.

Mrs. Jane Burk has received a letter from her son, Will, who has been with our boys in France for some time, stating he was wounded and in a hospital.

Mrs. Mattie Mullins and son, Robert, Misses Poynter and Martha Burdine, and E. S. Albright, had an enjoyable auto trip to High Bridge, last Sunday.

William T. Adams writes from Cambridge, Mass., that he has about completed his Radio course and will soon be operating on one of our big ships on the Atlantic.

Hyatt Crawford left yesterday for Indianapolis where he will take a special mechanical training. He volunteered in this line of Government service some weeks ago.

Bernard Monroe Franklin is spending a three-weeks vacation with his aunt, Mrs. Larry Bell and his grandmother, Mrs. George Franklin, at 154 South Lexington, Ky.

Mr. and Mrs. Henry C. Jones, of the Level Green section are rejoicing over the arrival of another young son. Mrs. Jones and the children are with her people near Winchester.

LOCAL

Kodak the children and let Fish's finish the picture.

Ice became a little scarce this week, but no one went thirsty.

'Great Britain has in France veterinary hospitals that will accommodate 48,000 horses.

Col. Henry Wood was over from Wildie this week and is getting to be an expert Buick driver.

Circuit court convenes Monday, Judge B. J. Bethurum on the bench. W. M. Filppin, commonwealth attorney, will also be here.

Judge B. J. Bethurum, of Somerset, in a letter to Dr. Bruner has conceded the Republican nomination for U. S. Senator to the Doctor, however, the majority was small.

Those who have bought War Saving Stamps and Liberty Bonds can say that every time our boys win a victory "over there" that this is a part of their work.

The sale of liquor in railroad stations or on railroad trains was forbidden by Director General McAdoo in an order effective immediately applying to all lines under Government control.

Corporal Benjamin H. McGuire, son of the late Dillard McGuire, who several years ago was a prominent merchant of Goodland, this county, has been wounded in France. He has been overseas about six months.

Mr. and Mrs. John Payne of the Mareburg section have three sons in the service of our country. George and Ted are already dealing a death blow to the dirty Hun on the Western front and Ed, the last to go, went to Fort Thomas a week or so ago. Mrs. Payne had a letter this week from George stating he had a letter from his brother Ted and they are trying to get a transfer so they may be together.

At a box supper at Pine Hill School House last night \$40.60 was raised for the benefit of the Red Cross. Boxes went all the way from \$1.35 to \$8.00. Clifford Pitman being the highest bidder and the box belonged to Miss Della McHargue.

Allen Smith, Bradley Burdette, and Joe Cummins write from Great Lakes Naval Training Station that they are located close together and doing fine. A picture of these three boys as well as a hundred or more Rockcastle boys who are in the service can be seen at Fish's.

A. A. Holladay, of Lexington, a representative of the Farmers Union, was in town Tuesday getting the names and addresses of some of the farmers. He says the President of the Kentucky Union, Mr. E. L. Harrison, of Lexington will arrange a meeting with the farmers sometime soon.

E. M. Myers, representative of the Louisville Paper Co., made his initial trip to Mt. Vernon this week. He remained for several days enjoying himself while his auto was being repaired, and is pleased with the social amiability of the people. Mr. Myers has been extremely pleasant and has secured several orders for his house. Call again and stay longer.

Mr. and Mrs. Logan McCall spent Sunday with his mother and sisters at Mareburg. Mr. and Geo. Owens spent Sunday and Monday in Mt. Vernon. S. S. Purcell, a valued subscriber of the Ottawa section of Rockcastle County, was here yesterday, dealing in cattle. Interior Journal.

Cull McClure and his son Ebb, were fined \$50.00 and ten days in jail each for carrying liquor into this dry territory. They were caught unloading from Train 21 from Lebanon a few nights ago and hid the goods on them. They immediately appealed Circuit Court.

The little six year old son of Mrs. John Bowles near Withers, this county, died Monday from a wound made in his abdomen when he fell the day before on a sharp knife. The little fellow was playing with some companions and had an open knife in his hand when he accidentally fell on the knife inflicting wounds from which he died.

Neal Parker, of the Livingston section, this county, was shot by Mrs. Pauline Freeman, a woman with a carnival show, at Paris last Saturday night and died at the Massie Hospital, that city. Tuesday of the wounds. The trouble came up over Parker's son being employed as ticket seller at the show. The woman has been arrested and held on a charge of murder.

Arch Allen, Sr., of the Red Hill section of this county is in a very serious condition as the result of a family row at his home last Sunday. Mrs. Allen proved to be a good shot when she unloaded a shot gun into his shoulder. Neighbors say that things have not been pleasant in the Allen home for some time and this is the result. Mrs. Allen is in jail here awaiting trial, or possibly the grand jury next week.

In the casualty list from overseas yesterday appeared the name of Thomas P. Moore, of Climax, this county, as one of those who had made the supreme sacrifice. He was the son of Joseph Moore and a nephew of Hardin Moore the Climax Postmaster and merchant. He volunteered to serve his country a year or more ago. His father had an official notice of his death yesterday.

Master William Fish had a novel experience yesterday when he made the discovery that refrigerator doors were not made to swing on. He overturned the refrigerator, spilled the milk, broke the eggs, procured a nice bruise over his eye, but he is still able to keep up his Thomas Edison Jr., investigations.

A BILIOUS ATTACK. When you have a bilious attack your liver fails to perform its functions. You become constipated. The food you eat ferments in your stomach instead of digesting. This inflames the stomach and causes nausea, vomiting and a terrible headache. Take three of Chamberlain's Tablets. They will tone up your liver, clean out your stomach and you will be as well as ever. They only cost a quarter.

Miss Anna Belle Stewart, of Mt. Vernon, returned last Saturday from a two months' trip through the west. She visited eight schools similar to Langdon Memorial and had conferences with principals and teachers, concerning new and approved methods in school work.

The trip also included railroad, motor, and steamer travel thru the most beautiful sections of sections of the United States, Canada and the Territory of Alaska with a short excursion into old Mexico just before Americans were forbidden to cross the border.

There were unusual experiences of eating and sleeping in mud huts, forty miles and more from a railroad, in communities where no English was spoken, and a thrilling escape on board ship from a fire so serious as to threaten the loss of the vessel.

The launching of our great battleship in San Francisco Bay and from Seattle and the parades of Camouflage vessels were other interesting and instructive features of the trip.

Icebergs, glaciers, and snows fifty feet deep as well as the midnight sun which made it possible to read without a light almost all night were among the novelties of travel in the far North.

The carload of Western mares sold at an average of about \$76.00 here Saturday. They were above the average western ponies and will make good brood mares and good workers when once broken.

CATARH CANNOT BE CURED.

with Local Applications, as they cannot reach the seat of the disease. Catarrh is a local disease greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free. F. J. Cheney & Co., Props, Toledo, O. All Druggists, 75c. Hall's Family Pills for constipation.

FOR SALE—One good team of work mules, wagon and harness, for sale cheap. Aug 31 JIM DEVAULT.

FOR SALE—Two good town lots adjoining in Mt. Vernon. Good 4 room cottage, barn, everything handy. Terms easy. I. T. MEADOWS.

DEBTS COLLECTED

Accounts, Notes, Claims of all kinds collected anywhere in the world. No charges unless we collect. Reference: Farmers National Bank. Write us. May's Collection Agency, Somerset, Ky. 6-15 Office: Room 7 Masonic Bldg.

DRUMMOND'S CASH GROCERY STORE

PRICES in EFFECT Until AUG. 24th

Meal, 25 lb. sack \$1.20
Meat lb 22c
Pure Compound, by can \$1.50

Pure Lard by the can 14.00

Syrup gal. 75c

Rocky Hill Twist

Tobacco, 3 for 25c

Brown Beauty,

steel cut coffee, lb. 25c

Miners Carbide, lb. 7 1/2 c

Coffee 12 1/2 c lb

PILGRIM, Best cheap Coffee sold.

PAY CASH AND SAVE THE DIFFERENCE

Drummond's LIVINGSTON

LIVINGSTON

C. A. Blanford, who has been agent for the L. & N. at this place for the past seven years is taking a three-months vacation. Mrs. Thomas Farley, who has been sick for quite a while, is very low and not expected to live but a few days. Judge Cam Mullins and Clerk S. F. Bowman, of Mt. Vernon, were here Tuesday. Mr. and Mrs. Wm. Baker, of Mt. Vernon, were here Monday between trains. Daniel Ponder was in Mt. Vernon Saturday. O. D. Ponder is working at the freight house for a while. Dr. Walker Owens, of Mt. Vernon, was here between trains Sunday. Mrs. Della Baker, of Memphis, Tenn., was here between trains Saturday on route to Mt. Vernon. Mr. and Mrs. D. M. Preston, were here Sunday on route to Quail and Brodhead to visit relatives. Dr. R. C. Webb has his dwelling on Maple street completed and will erect two more near the same place. G. S. Griffin is in Louisville this week purchasing goods. Mrs. Oscar Argenbright and children have returned from Corbin and Pineville, where they have been visiting relatives. Mrs. Earl Rice and children, of Louisville, are visiting her parents, Dr. and Mrs. W. T. Amey. Dr. R. G. Webb was in London, Monday, on business. Joel Woodall, of near Brodhead, was here Tuesday on his way home from Laurel county. Dr. W. Amey has returned from Cincinnati after a few days' sojourn in that city. Our Brodhead friend claims that when he gets straight after us we show the white feather. We will say who never forsake a friend or turn our back on an enemy, and are as independent as a hog on ice and speak our sentiments, let them please or not and would not exchange our conviction to wear an earthly crown or wield a scepter, but our friend knows that we can make our defense much greater, but this we will keep in reserve for a future date, but will say it will make our friend set up and take notice and shed great crocodile tears. Mrs. Ab. Wolf remains very low and continues to grow weaker. Mrs. Georgia McClure was brought here Sunday from Mt. Vernon, where she had the misfortune to get her leg broken. She is still unable to walk. Well, S. C. Franklin, of Mt. Vernon, showed up Tuesday and thereby saved us the trouble of inserting an add in the Signal to read "Lost Strayed or stolen."—J. A. Oliver has sold his property on Main street to Emmet Quinn; price not learned. Mrs. George Sowder has returned from a few days' visit with relatives at Mt. Vernon. Mrs. W. G. Nicely is spending a few days with relatives in Harlan and this week. Mrs. W. E. Ward and son, Glenn, of Hazard, Ky., has returned home after a few days' visit with relatives here. In traveling over town there is one thing you will notice and that is the loafers sent, the loafers bench and the corners are occupied, thanks to the ruling, "work or fight." The man that has not sweated in the last few days must be a statue or a superhuman person, with the temperature playing around the hundred mark and the sun casting its sultry beams on



YOUR HAT

Just consider the amount of time you spend in its company. It is with you two-thirds of the time.

Don't you think, then, that it deserves your best thought in selection, best care in service, and perhaps the advice of the men in our hat department in choosing?

We have a SWANN HAT for you



HOME of HART, SCHAFFNER & MARX Clothes

Summer Deliveries of Next Winter's Supplies.

Take Advantage Of Summer Weather Conditions

STOCK UP NOW

When transportation is easiest and the demands on the railroads are relatively the lightest, and store for winter use such supplies as

Fuel, Raw Materials and Reserve Stocks.

The demands upon the railroads for transportation during the coming winter months are going to be heavy, and all shipping that can be should be done now to relieve the lines of just that much hauling later when there will be congestion and the car space will be so badly needed to transport war materials, farm products and other freight which cannot be shipped at this time.

It is not only the part of wisdom to lay in your winter supplies and do your shipping now, thereby assuring prompt delivery, but it is your patriotic duty to do so. Do not hold back your freight; arrange for all possible shipments now.

Aug 2-9-10

WANTED

BLACK WALNUT TIMBER

12 to 16 inches,	\$4.00 per 100
17 to 18 inches,	5.00 per 100
19 to 20 inches,	6.00 per 100
21 to 22 inches,	6.00 per 100
23 inches and up,	8.00 per 100

OAK AND Common \$18. per 1,000
POPLAR Good 28. per 1,000
DELIVERED ON YARD

WILL BUY ASH OR HICKORY
L. V. MURRELL
Phone 84 MT. VERNON, KY.

the earth. We are persuaded that this is the hottest weather on record. With the Allied armies crowding the Huns on all sides killing and capturing them by the thousands. Wonder if the Brute of Berlin is not sitting up and taking notice. Mr. Kaiser, you will soon see the "hand writing on the wall." When a few more thousands of the Americans are placed on your trail, well, Mr. Bill, our advice is for you to make your peace with your God.

HAY Mr. Stockholder, of the Rockcastle Stock Pens. There is a movement on by which the Barn can be finished at once and get to having our regular monthly sales. Every stockholder is summoned to be present at our next meeting, Saturday, Aug. 24. If you are not present you may regret it.

GUS STAVENSON, Pres.
Meet at C. C. Davis' drug store.

Who Is Most Benefitted BY The Money You Earn?

You Are **Others Are**
If you save it If you spend it

Be true to yourself and
deposit a small amount
regularly with

The Bank of Mt. Vernon

3 per cent Interest Paid on Savings



**A
HARD
WARE**

Argument

in favor of this store is the fact that the most
skillful mechanics always come here for theirs.
You don't have to be told the reason. You
can easily figure it out yourself.
COME AND SEE.

C. C. COX

Mt. Vernon,
Ky.

Opposite
Court House



Hanna's Lustr-o-Finish

you do not know what an easy matter it is, and how
inexpensive. No matter how worn and scarred your
floors may be, Lustr-o-Finish covers up all the defects
and gives a floor the bright, lustrous finish of hard wood.

Also the perfect finish for woodwork, furniture, and
every interior wood surface.

Comes in nearly a dozen popular wood colors.

Sold By
T. N. NOE

**For
PATRIOTISM**

**Actions speak louder than
words—Act—Don't Talk—Buy Now**

**For
ECONOMY**

SAPOLIO

DR. WALTER
Dentist
Office Over
U. G.
Baker's Store
MT. VERNON, KENTUCKY

L. W. BETHURUM
ATTORNEY AT LAW
MT. VERNON, KY.
Will practice in all the courts.
Office on Church Street

KENTUCKY'S CROPS

United States Department of
Agriculture

BUREAU OF CROP ESTIMATES

LOUISVILLE, KY.,
Aug. 10, 1918.

Kentucky's crop prospects at
present may be summarized as
being a wheat crop of approxi-
mately 12,129,000 bushels com-
pared to 9,000,000 bushels last
year; corn 11,677,000 bushels
compared to 12,853,000 bushels
in 1917; oats 8,029,000 bushels
compared to 8,065,000 bushels
last year; rye 449,000 bushels
compared to 375,000 bushels com-
pared to 375,000 last year; barley
138,000 bushels compared to 140,
bushels last year; Irish potatoes
4,999,000 bushels compared to
6,720,000 bushels last year; and
351,171,000 pounds of tobacco
compared to 425,600,000 pounds
grown last year.

Corn has been badly damaged
by the drought in some sections,
but the late corn may be ably
very largely to overcome the
damage if the rest of the season
be favorable.

Although the potato crop is ap-
parently seriously cut, in this
state, by the drought, it should be
remembered that tobacco can
grow out wonderfully from drought
damage in a very short time late
in the season, and former reports
of great drought damage to the
tobacco crop have often proved
deceptive because of quick
growth late in the season. How-
ever, the crop in Kentucky has
apparently been seriously dam-
aged.

Late potatoes will probably
yield better than the early crop.
The buckwheat crop, near Souther-
set, is reported in good condition,
with the increased acreage.

H. F. BRYANT,
Field Agent,
620 Custom House,
Louisville.

HOPE WELL

Mrs. Robert Sowder and child-
ren spent Saturday with Mrs.
Sowder's brother, George Perci-
ful—Rev. Thomas Clifford is
holding a meeting at this place—
Miss Lizzie Maels spent Sunday
with her cousin, Miss Grace
Hines—Miss Hattie Carmichael,
who has been in poor health for
four months still remains very
sick—Wm. Wallen is numbered
with the sick—It is said by
most every body that we are
having the hottest spell of weather
that has been for many years—
Miss Lucy Mink, the teacher at
this place spent Saturday and
Sunday with her parents near
Brookhead—There is a great deal
of sickness in this part. Most
every family that did not have
whooping cough in the early
spring have it now—Mrs. Sarah
Hanks, of East Bernstadt is with
relatives at this place—Miss
Sallie Sowder is visiting her sis-
ter, Mrs. Mitchell Norton near
Freedom—The Baptists Associa-
tion will hold at Union Ridge
Church on Tuesday and Wed-
nesday beginning the third day of
September—Mrs. Della Baker,
Louisville, is visiting relatives at
this place.

HEALTH AND TYPHOID FEVER

At all times it is of much im-
portance to observe sanitary rules,
but this year it is more important
than ever before to use preventa-
tive measures. The season for
Typhoid Fever is now here. Those
unfortunate enough to be suffer-
ers from this disease will have
less care; the families can not
lose time to attend them without
feeling the loss of time very keenly
this winter. Typhoid can be
prevented by cleaning up and
keeping clean. All toilets should
be cleaned and lime used freely;
all hog pens kept clean; no cess-
pools allowed in back yards;
screens patched up and flies kept
out of kitchen and dining rooms.
Every home in which there is a
case of fever should be kept
scrupulously clean, and all im-
mates of the house should be vac-
cinated as early as the disease is
diagnosed as typhoid.

JOHN WHITE & CO.
LOUISVILLE, KY.
Liberal assortment
and full value paid
for
FURS
Hides and
Goat Skins

HOW WAR MAKES YOU WANT A SOUND MIND AND BODY

How war, with its indetermi-
nable emergencies, its unusual
circumstances and its specialized
minds in the most diverse direc-
tions, forces attention to innum-
erally problems that pertain to
health, is set forth by a contribu-
tor to the Journal of the Ameri-
can Medical Association.

The elimination of the ravage
of disease among active troops
has rebounded to the credit of
modern sanitation and prophyl-
axis," says this authority. "Mili-
tary hygiene has set us its goal
the attainment and conservation
of health in the great body of
fighting forces. There is much
to be accomplished in the direc-
tion of eradicating unnecessary
physical inferiority or deteriora-
tion associated with disease in all
armies and navies.

"For some of the difficulties that
present themselves an effective
immediate solution is not in sight.
In other cases, notably such as
are represented by the incidence
of typhoid fever and other infec-
tions among the troops, the les-
sons of science are being applied
with success. In any event, the
world war has pointed to many de-
fects which need remedies. It is
a wholesome task to apply the
contributions of the past when the
opportunity arises.

The conservation of health and
the development of physical fit-
ness are a soldier's first duty.
Marksmanship, military tactics,
drill and co-operation avail com-
paratively little when energy,
strength and perfection of bodily
training are neglected or lacking.
This has been demonstrated again
and again among "unseasoned
troops." Hence it is that so much
attention is properly being con-
centrated on the establishment of
health and vigor among groups of
men in training everywhere.

"Athletic exercises compete
with gun drills for recognition in
the routine of a future soldier.
The unexpected adjunct to this is
the widespread movement to ap-
ply the same principles of health
conservation among those who
cannot be expected to join the ac-
tive fighting units. In many
cities and towns the "home
guards," composed of men beyond
the usual military age, are al-
ready engaging in suitable phys-
ical exercise with the express
purpose of rendering themselves
more capable of the service which
a sound body can best contribute.
If the maintenance of vigor is a
desideratum among the middle-
aged, sedentary type of our citi-
zens at all times, it becomes a
positive duty in a crisis in which
the highest co-operation of each
individual is likely to be enlisted.

"Only a few months ago it
might have been unusual to see
any considerable number of busi-
ness men of an age beyond 50 en-
gaged actively in the pursuit of
health as a patriotic duty. To-
day groups of such persons may
be seen in more than one city
cheerfully joining in a morning
tramp to promote vigor, or re-
sponding to some special pre-
scription of systematic exercise
dictated by a medical examina-
tion under semi-official auspices.
Boy Scouts and other young per-
sons are similarly inspired. The
war has brought an unprecedented
desire on the part of many to at-
tain a sound mind, in a sound
body.

"The obedience to a patriotic
impulse is almost certain to bring
unexpected hygienic rewards and
the enthusiasm for useful service
of some sort, which has been
awakened amongst all ages and
classes of our population, and in
all walks of life, is not to be with-
out advantages in the domain of
both personal and public hy-
giene."

THE BEST PLASTER.
A piece of flannel dampened
with Chamberlain's Liniment and
bound on over the seat of pain is
often more effectual for a lame
back than a plaster and does not
cost anything like as much.

**PROPERLY FITTED
GLASSES**
AT THE RIGHT TIME
is of
Greatest Importance.
If your eyes are showing any de-
fects now is the time to see
DR. MOORE, The Optician
Cox Building, Mt. Vernon, Ky.

Food will Win the

♦ DON'T WASTE IT ♦ RAISE IT ♦

Be a Producer As Well as Consumer

RAISE LIVE STOCK and POULTRY and GRAIN and VEGETABLES
MAKE MONEY AND DEPOSIT WITH

PEOPLES BANK

SAVE A PART OF ALL you earn. ♦ Money in the pocket burns. ♦ Pat it
in the Peoples Bank. ♦ Open up a checking account with us. ♦ Your cancelled
checks returned will show where your money has gone, and they will spur you
on to save for the better things of life.

WE PAY INTEREST ON SAVING ACCOUNTS
PEOPLES BANK ♦ MT. VERNON, KY.

One Policy of "THE HOME OF NEW YORK" recommends another

"The Largest Fire Insurance Company in America"

THE HOME INSURANCE NEW YORK

Home Office: No. 56 Cedar Street

ELBRIDGE G. SNOW, President

RESOURCES INVESTED IN AMERICAN SECURITIES

One Hundred and Twenty-Ninth Semi-Annual Statement

	January, 1918	
CASH ASSETS	\$44,048,651.58	
CASH CAPITAL	6,000,000.00	
LIABILITIES	25,047,401.00	
NET SURPLUS OVER LIABILITIES	13,001,250.58	

*Surplus as regards Policyholders, \$19,001,250.58

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